

Welcome



THE LONDON SCHOOL
OF ECONOMICS AND
POLITICAL SCIENCE ■

Thank you for your interest in this survey, which is:

- **about your wellbeing ...**
- **... and a wide range of other things** that could affect it.
- **15 – 20 minutes** long.
- **anonymous** and confidential.
- part of a research project at The London School of Economics (LSE).

*Your completion of the survey represents your consent to serve as a subject in our research study.
If you're under 18, please get consent from a parent or guardian before continuing.*

i **Want to know more?** [See more details now](#), or click 'Help & information' at the top right of any page.

Start survey »

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What will I be asked?

The first third of the survey has questions about your general wellbeing and life satisfaction.

The remaining two thirds is about a wide range of other things that might be connected to your wellbeing. This part includes questions on: your home and local area, use of countryside and green spaces, exercise, basic demographics (age, sex, employment, income, etc.), religion, politics, family background, and a few others.



Got a question, concern, comment, or technical problem?

Please don't hesitate to contact us.

- **Email:** g.j.mackerron@lse.ac.uk
- **Call:** 020 7106 1229 (ask for George)
- **Or Skype:** gmackerron—[text chat](#) or [call](#) (both are free of charge, but you must have Skype set up)

What will you do with my responses?

We're looking at people's wellbeing and how this may be connected to a wide range of different factors. Once everyone has completed the survey, we'll use various statistical methods to see what their combined responses can tell us about these relationships.

If you're curious to see what we find, please come back from time to time. We'll make our findings available here—<http://uk.wellbeingsurvey.org.uk>—as soon as they're ready. We also hope to present our findings in academic journals and conferences, and to make sure policy makers are aware of anything relevant.

In any case, we'll never show any individual's responses—only information at the group level.

Will you know who I am?

No. We don't ask for your name or contact information at any point. Some of the information we do ask for might in principle be used to help identify you, but we promise never to use it for this purpose, and we'll never disclose it to anyone else.

Who are you?

We're [George MacKerron](#) and [Dr Susana Mourato](#),
researchers in the [Department of Geography &
Environment](#) at the [London School of Economics](#).



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*Department of Geography & Environment
London School of Economics
Houghton Street
London WC2A 2AE*

i Please [close this window or tab](#) to return to the survey.

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Are you male or female?

- ☐ Male
- ☐ Female

What is your age?

Please select...

What is your full home postcode?

e.g. SW1A 1AA

Which of these best describes your current situation?

- ☐ Self-employed
- ☐ In paid employment (full- or part-time)
- ☐ In full-time education
- ☐ Retired from paid work altogether
- ☐ Unemployed and seeking work
- ☐ On maternity leave
- ☐ On a government training scheme
- ☐ Looking after family or home
- ☐ Caring for a sick, elderly or disabled person
- ☐ Long term sick or disabled
- ☐ Something else

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All things considered, how satisfied are you with your life as a whole nowadays?

Extremely
dissatisfied

Extremely
satisfied



0



1



2



3



4



5



6



7



8



9



10

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In general, would you say your health is...

- ☐ Excellent
- ☐ Very good
- ☐ Good
- ☐ Fair
- ☐ Poor

Compared to one year ago, how would you rate your health in general **now**?

- ☐ Much better now than one year ago
- ☐ Somewhat better now than one year ago
- ☐ About the same
- ☐ Somewhat worse now than one year ago
- ☐ Much worse now than one year ago

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The following items are about activities you might do during a typical day.

Does **your health now limit you** in these activities? If so, how much?

Vigorous activities, such as running, lifting heavy objects, participating in strenuous sports



Yes, limited a lot



Yes, limited a little

No, not limited at
all

Moderate activities, such as moving a table, pushing a vacuum cleaner, bowling, or playing golf



Yes, limited a lot



Yes, limited a little

No, not limited at
all

Lifting or carrying groceries



Yes, limited a lot



Yes, limited a little

No, not limited at
all

Climbing **several** flights of stairs



Yes, limited a lot



Yes, limited a little

No, not limited at
all

Climbing **one** flight of stairs



Yes, limited a lot



Yes, limited a little

No, not limited at
all

Bending, kneeling, or stooping



Yes, limited a lot



Yes, limited a little



No, not limited at
all

Walking **more than a mile**



Yes, limited a lot



Yes, limited a little



No, not limited at
all

Walking **several blocks**



Yes, limited a lot



Yes, limited a little



No, not limited at
all

Walking **one block**



Yes, limited a lot



Yes, limited a little



No, not limited at
all

Bathing or dressing yourself



Yes, limited a lot



Yes, limited a little



No, not limited at
all

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During the **past 4 weeks**, have you had any of the following problems with your work or other regular daily activities **as a result of your physical health?**

Cut down the amount of time you spent on work or other activities

- ☐ Yes
- ☐ No

Accomplished less than you would like

- ☐ Yes
- ☐ No

Were limited in the **kind** of work or other activities

- ☐ Yes
- ☐ No

Had **difficulty** performing the work or other activities (for example, it took extra effort)

- ☐ Yes
- ☐ No

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During the **past 4 weeks**, have you had any of the following problems with your work or other regular daily activities **as a result of any emotional problems** (such as feeling depressed or anxious)?

Cut down the **amount of time** you spent on work or other activities

- ☐ Yes
- ☐ No

Accomplished less than you would like

- ☐ Yes
- ☐ No

Didn't do work or other activities as carefully as usual

- ☐ Yes
- ☐ No

During the **past 4 weeks**, to what extent has your physical health or emotional problems interfered with your normal social activities with family, friends, neighbors, or groups?

- ☐ Not at all ☐ Slightly ☐ Moderately ☐ Quite a bit ☐ Extremely

How much **bodily** pain have you had during the **past 4 weeks**?

- ☐ None ☐ Very mild ☐ Mild ☐ Moderate ☐ Severe ☐ Very severe

During the **past 4 weeks**, how much did **pain** interfere with your normal work (including both work outside the home and housework)?

- ☐ Not at all ☐ A little bit ☐ Moderately ☐ Quite a bit ☐ Extremely

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These questions are about how you feel and how things have been with you **during the past 4 weeks**. For each question, please give the one answer that comes closest to the way you have been feeling.

How much of the time during the **past 4 weeks**...

Did you feel full of enthusiasm?

☐ All of the time ☐ Most of the time ☐ A good bit of the time ☐ Some of the time ☐ A little of the time ☐ None of the time

Have you been a very nervous person?

☐ All of the time ☐ Most of the time ☐ A good bit of the time ☐ Some of the time ☐ A little of the time ☐ None of the time

Have you felt so down in the dumps that nothing could cheer you up?

☐ All of the time ☐ Most of the time ☐ A good bit of the time ☐ Some of the time ☐ A little of the time ☐ None of the time

Have you felt calm and peaceful?

☐ All of the time ☐ Most of the time ☐ A good bit of the time ☐ Some of the time ☐ A little of the time ☐ None of the time

Did you have a lot of energy?

☐ All of the time ☐ Most of the time ☐ A good bit of the time ☐ Some of the time ☐ A little of the time ☐ None of the time

Have you felt downhearted and blue?



All of the time



Most of the
time



A good bit of
the time



Some of the
time



A little of the
time



None of the
time

Did you feel worn out?



All of the time



Most of the
time



A good bit of
the time



Some of the
time



A little of the
time



None of the
time

Have you been a happy person?



All of the time



Most of the
time



A good bit of
the time



Some of the
time



A little of the
time



None of the
time

Did you feel tired?



All of the time



Most of the
time



A good bit of
the time



Some of the
time



A little of the
time



None of the
time

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During the **past 4 weeks**, how much of the time has your **physical health or emotional problems** interfered with your social activities (like visiting with friends, relatives, etc.)?



All of the time



Most of the time



Some of the time



A little of the time



None of the time

How **true** or **false** is each of the following statements for you?

I seem to get sick a little easier than other people



Definitely true



Mostly true



Don't know



Mostly false



Definitely false

I am as healthy as anybody I know



Definitely true



Mostly true



Don't know



Mostly false



Definitely false

I expect my health to get worse



Definitely true



Mostly true



Don't know



Mostly false



Definitely false

My health is excellent



Definitely true



Mostly true



Don't know



Mostly false



Definitely false

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Here are a number of words that describe different feelings and emotions.

For each item, please indicate to what extent you have felt this way **during the past few weeks**.

Interested



Very slightly or not
at all



A little



Moderately



Quite a bit



Extremely

Distressed



Very slightly or not
at all



A little



Moderately



Quite a bit



Extremely

Excited



Very slightly or not
at all



A little



Moderately



Quite a bit



Extremely

Upset



Very slightly or not
at all



A little



Moderately



Quite a bit



Extremely

Strong



Very slightly or not
at all



A little



Moderately



Quite a bit



Extremely

Guilty

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Very slightly or not at all

A little

Moderately

Quite a bit

Extremely

Scared

Very slightly or not at all

A little

Moderately

Quite a bit

Extremely

Hostile

Very slightly or not at all

A little

Moderately

Quite a bit

Extremely

Enthusiastic

Very slightly or not at all

A little

Moderately

Quite a bit

Extremely

Proud

Very slightly or not at all

A little

Moderately

Quite a bit

Extremely

Irritable

Very slightly or not at all

A little

Moderately

Quite a bit

Extremely

Alert

Very slightly or not at all

A little

Moderately

Quite a bit

Extremely

Ashamed

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Very slightly or not at all	A little	Moderately	Quite a bit	Extremely

Inspired

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Very slightly or not at all	A little	Moderately	Quite a bit	Extremely

Nervous

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Very slightly or not at all	A little	Moderately	Quite a bit	Extremely

Determined

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Very slightly or not at all	A little	Moderately	Quite a bit	Extremely

Attentive

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Very slightly or not at all	A little	Moderately	Quite a bit	Extremely

Jittery

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Very slightly or not at all	A little	Moderately	Quite a bit	Extremely

Active

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Very slightly or not
at all

A little

Moderately

Quite a bit

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Extremely

Afraid



Very slightly or not
at all



A little



Moderately



Quite a bit



Extremely

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Have you ever been told by a doctor that you have asthma?

- ☐ Yes
- ☐ No
-

Have you ever been told by a doctor that you have a heart or lung disease (other than asthma)?

- ☐ Yes
- ☐ No
-

Do you ever smoke cigarettes?

- ☐ Yes
- ☐ No
-

How many portions of fruit and vegetables do you usually eat a day?

Please do **not** count potatoes or grains.

Please **do** count pure juices, tinned, frozen and dried fruit and vegetables, and fruit and vegetables found in other foods.

- ☐ Fewer than 1 a day
- ☐ 1 – 2 a day
- ☐ 3 – 4 a day
- ☐ 5 a day or more
-

How much sleep did you get in the **past 24 hours**, to the nearest half hour?

Please select...



How much sleep do you estimate that you **typically** get, per day?

Please select...



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You're over one third of the way through the survey. We really appreciate your help. auto-scroll is on

These questions are about the place where you usually live.

Is your household's accommodation...

- ☐ a house or bungalow
- ☐ a flat or maisonette
- ☐ a room (or rooms)
- ☐ or something else?

Which of these best describes your tenure here?

- ☐ Own outright
- ☐ Buying with the help of a mortgage or loan
- ☐ Rent
- ☐ Pay part rent and part mortgage (shared ownership)
- ☐ Live rent-free (excluding squatting)
- ☐ Squatting
- ☐ Other arrangement

How long have you lived in this accommodation?

- ☐ Less than 12 months
- ☐ At least 12 months but less than 2 years
- ☐ At least 2 years but less than 5 years
- ☐ At least 5 years but less than 10 years
- ☐ At least 10 years but less than 20 years
- ☐ 20 years or longer

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i In this survey, a **household** means:

- one person living alone, or
- a group of people living at the same address who share common housekeeping or a living room.

How many adults (aged 16 or over) live in your household?

Please **include yourself**.

Please select...

And how many children (aged 15 or under) live in your household?

Please select...

How many rooms does your household have the use of, not counting bathrooms and toilets?

Please select...

On what floor of the building as a whole is your main living space?

If your main living space is on more than one floor, please choose the highest.

- ☐ Basement or semi-basement
- ☐ Ground floor (street level)
- ☐ 1st floor
- ☐ 2nd floor
- ☐ 3rd floor
- ☐ 4th – 9th floor
- ☐ 10th floor or higher

Do you have double glazing?

Please count only factory-made sealed units.

- ☐ Yes—in all windows
- ☐ Yes—in some windows, but not all

☐ No—none

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Does your home have any of the following problems?

Please tick **all** that apply.

- ☐ Mould growth (at least hand-sized patches) on walls or carpets
- ☐ Heating that doesn't keep you warm enough in winter
- ☐ Serious draughts due to poorly fitting windows or doors
- ☐ Insect infestation (e.g. moths, cockroaches, bedbugs or fleas)
- ☐ Lack of natural light
- ☐ None of the above

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43% complete

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How satisfied are you with the area in which you live?

Extremely
dissatisfiedExtremely
satisfied

0



1



2



3



4



5



6



7



8



9



10

How safe do you — or would you — feel walking alone in this area after dark?



Very safe



Fairly safe



A bit unsafe



Very unsafe

How often do you usually speak to your neighbours?



Every day



Several times a week



Once a week



Several times a month



Once a month



Less than once a month



Never

Below are some things that can cause problems for people in their area. Which of these are problems in the area where you live?

Air pollution



A serious problem

A problem,
but not serious

Not a problem

Noise from road traffic and trains



A serious problem



A problem,
but not serious



Not a problem

Noise from aircraft



A serious problem



A problem,
but not serious



Not a problem

Noisy neighbours or loud parties



A serious problem



A problem,
but not serious



Not a problem

Rubbish or litter lying around



A serious problem



A problem,
but not serious



Not a problem

Vandalism or graffiti



A serious problem



A problem,
but not serious



Not a problem

Crime



A serious problem



A problem,
but not serious



Not a problem

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Which of the following can you see from any of the windows in your home?

Please tick **all** that apply

- ☐ Green space, lawns
- ☐ Trees
- ☐ The sea
- ☐ Rivers or lakes
- ☐ Ponds or water features
- ☐ Bird boxes or feeders
- ☐ None of these

Do you have a garden?

- ☐ Yes—own garden
- ☐ Yes—shared with others
- ☐ No

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Are you currently a member of any conservation, nature or wildlife organisations?

Please tick **all** that apply

- ☐ RSPB (the Royal Society for the Protection of Birds)
- ☐ National Trust
or National Trust for Scotland
- ☐ Campaign to Protect Rural England *or* Wales
or Association for the Protection of Rural Scotland
- ☐ Woodland Trust
- ☐ Wildfowl & Wetland Trust
- ☐ Other organisation(s)
- ☐ None of these

Do you intend to leave a legacy to any conservation, nature or wildlife organisations in your Will?

- ☐ Definitely
- ☐ Probably
- ☐ Probably not
- ☐ Definitely not
- ☐ Don't know

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In the **past 3 months**, approximately how many times have you spent any time in countryside, coastal sites or gardens **owned by the National Trust**?

Please **include** visits to National Trust properties that comprise a house and gardens where you spent some time visiting the gardens.

- ☐ None
- ☐ Once or twice
- ☐ 3 – 5 times
- ☐ 6 – 11 times
- ☐ 12 times or more

In the **past 3 months**, approximately how many times have you spent any time in an RSPB reserve?

The RSPB is the Royal Society for the Protection of Birds.

- ☐ None
- ☐ Once or twice
- ☐ 3 – 5 times
- ☐ 6 – 11 times
- ☐ 12 times or more

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The UK has 15 National Parks:

- Brecon Beacons
- Broads
- Cairngorms
- Dartmoor
- Exmoor
- Lake District
- Loch Lomond
- New Forest
- Northumberland
- North York Moors
- Peak District
- Pembrokeshire Coast
- Snowdonia
- South Downs
- Yorkshire Dales



In the **past 3 months**, approximately how many times have you spent any time in a UK National Park?

i It's no problem if visits you include on this page overlap with those on the previous page.

For example, if you've visited National Trust gardens within a National Park, please include those visits in both totals.

- ☐ I live in a National Park
- ☐ None
- ☐ Once or twice
- ☐ 3 – 5 times
- ☐ 6 – 11 times
- ☐ 12 times or more

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In the **past 3 months**, have you ...

... done any birdwatching?

- ☐ Yes, regularly
- ☐ Yes, occasionally
- ☐ No

... taken photos of nature/wildlife in natural habitats?

- ☐ Yes, regularly
- ☐ Yes, occasionally
- ☐ No

... spent any time drawing, painting or sculpting representations of nature/wildlife in natural habitats?

- ☐ Yes, regularly
- ☐ Yes, occasionally
- ☐ No

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Over the **past 3 months**, how often have you typically spent any time in your **own garden**?

- ☐ Every day
- ☐ Several times a week
- ☐ Once a week
- ☐ Several times a month
- ☐ Once a month
- ☐ Less than once a month
- ☐ Never

Over the **past 3 months**, approximately how much money would you say you spent on garden products such as plants, trees and seeds, bird boxes and bird feed, and pond plants, fish or fish food?

- ☐ No money
- ☐ £24 or less
- ☐ £25 – £49
- ☐ £50 – £99
- ☐ £100 – £249
- ☐ £250 – £499
- ☐ £500 or more
- ☐ Don't know

Over the **past 3 months**, how often have you typically spent any time in **cemeteries or church gardens**?

- ☐ Every day
 - ☐ Several times a week
 - ☐ Once a week
 - ☐ Several times a month
 - ☐ Once a month
 - ☐ Less than once a month
 - ☐ Never
-

Over the **past 3 months**, how often have you typically spent any time in **open countryside or farmland**?

Please **include** any visits to National Trust countryside, and to countryside within National Parks and RSPB reserves, mentioned in earlier questions.

- ☐ Every day
 - ☐ Several times a week
 - ☐ Once a week
 - ☐ Several times a month
 - ☐ Once a month
 - ☐ Less than once a month
 - ☐ Never
-

Over the **past 3 months**, how often have you spent any time in **any other green spaces** (not listed above)?

These could include urban parks, recreation grounds, village greens, golf courses, and others.

- ☐ Every day
 - ☐ Several times a week
 - ☐ Once a week
 - ☐ Several times a month
 - ☐ Once a month
 - ☐ Less than once a month
 - ☐ Never
-

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Thinking about the time you spend in the **open countryside**, which of these habitat types would you say you **spend most time in**?

Please tick **up to 5**.

- ☐ Coastal: saltmarsh, sand dunes, vegetated shingle, cliffs and slopes
- ☐ Freshwater: rivers, lakes, ponds, reservoirs
- ☐ Woodland: woods and forests
- ☐ Grassland: meadows, pastures, grazing land
- ☐ Heathland: with dwarf shrubs such as heather and gorse
- ☐ Wetland: marshes, fens, bogs and reedbeds
- ☐ Upland: hilly and mountainous areas
- ☐ Farmland: land planted with crops

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In the **past 12 months**, approximately how many times have you attended nature/wildlife photography exhibitions?

- ☐ None
- ☐ Once or twice
- ☐ 3 – 5 times
- ☐ 6 – 11 times
- ☐ 12 times or more

Do you subscribe to or regularly buy any nature/wildlife magazines?

This could be BBC Wildlife magazine, National Geographic and so on.

- ☐ Yes
- ☐ No

How often would you say you watch any nature/wildlife programmes?

This could be on broadcast TV, Sky, iPlayer, DVD and so on.

- ☐ Every day
- ☐ Several times a week
- ☐ Once a week
- ☐ Several times a month
- ☐ Once a month
- ☐ Less than once a month
- ☐ Never

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In the **past 12 months**, approximately how much time in total have you spent watching BBC TV programmes featuring **nature/wildlife in the UK** (such as Springwatch, Autumnwatch, Coast, Wild Wales, and so on)?

These could have been on broadcast TV, iPlayer or DVD.

- ☐ No time
- ☐ Up to 6 hours (30 mins per month)
- ☐ Up to 12 hours (1 hour per month)
- ☐ Up to 24 hours (2 hours per month)
- ☐ Up to 36 hours (3 hours per month)
- ☐ Up to 48 hours (4 hours per month)
- ☐ More than 48 hours
- ☐ Don't know

How much would you be willing to pay as part of your current BBC licence fee for such programmes to be made?

- ☐ Nothing
- ☐ £0.99 or less
- ☐ £1.00 – £1.99
- ☐ £2.00 – £4.99
- ☐ £5.00 – £9.99
- ☐ £10.00 – £19.99
- ☐ £20.00 – £49.99
- ☐ £50.00 – £74.99
- ☐ £75.00 – £99.99
- ☐ £100.00 or more
- ☐ Don't know

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The next few pages will ask about the time you spent being physically active in the **last 7 days**. Please answer each question even if you do not consider yourself to be an active person.

Please think about the activities you do at work, as part of your house and yard work, to get from place to place, and in your spare time for recreation, exercise or sport.

 Think about all the **vigorous** and **moderate** activities that you did in the **last 7 days**.

- **Vigorous** physical activities refer to activities that take hard physical effort and make you breathe much harder than normal.
- **Moderate** activities refer to activities that take moderate physical effort and make you breathe somewhat harder than normal.

Do you currently have a job or do any unpaid work outside your home?

This **includes** paid jobs, farming, volunteer work, course work, and any other unpaid work that you did outside your home. **Do not include** unpaid work you might do around your home, like housework, yard work, general maintenance, and caring for your family.

- ☐ Yes
- ☐ No

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The next questions are about all the physical activity you did in the **last 7 days** as part of your paid or unpaid work. This does not include travelling to and from work.

During the **last 7 days**, on how many days did you do **vigorous** physical activities like heavy lifting, digging, heavy construction, or climbing up stairs **as part of your work**? Think about only those physical activities that you did for at least 10 minutes at a time.

- ☐ 1 day per week
- ☐ 2 days per week
- ☐ 3 days per week
- ☐ 4 days per week
- ☐ 5 days per week
- ☐ 6 days per week
- ☐ 7 days per week
- ☐ No vigorous job-related activity

How much time did you usually spend on one of those days doing **vigorous** physical activities as part of your work?

- ☐ Less than 30 minutes
- ☐ 30 minutes but less than 60 minutes
- ☐ 60 minutes but less than 90 minutes
- ☐ 90 minutes but less than 2 hours
- ☐ 2 hours but less than 4 hours
- ☐ 4 hours but less than 6 hours
- ☐ 6 hours or more

Again, think about only those physical activities that you did for at least 10 minutes at a time. During the **last 7 days**, on how many days did you do **moderate** physical activities like carrying light loads **as part of your work**? Please do not include walking.

- ☐ 1 day per week
- ☐ 2 days per week
- ☐ 3 days per week
- ☐ 4 days per week

- ☐ 5 days per week
- ☐ 6 days per week
- ☐ 7 days per week
- ☐ No moderate job-related activity

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How much time did you usually spend on one of those days doing **moderate** physical activities as part of your work?

- ☐ Less than 30 minutes
- ☐ 30 minutes but less than 60 minutes
- ☐ 60 minutes but less than 90 minutes
- ☐ 90 minutes but less than 2 hours
- ☐ 2 hours but less than 4 hours
- ☐ 4 hours but less than 6 hours
- ☐ 6 hours or more

During the **last 7 days**, on how many days did you **walk** for at least 10 minutes at a time **as part of your work**? Please do not count any walking you did to travel to or from work.

- ☐ 1 day per week
- ☐ 2 days per week
- ☐ 3 days per week
- ☐ 4 days per week
- ☐ 5 days per week
- ☐ 6 days per week
- ☐ 7 days per week
- ☐ No job-related walking

How much time did you usually spend on one of those days **walking** as part of your work?

- ☐ Less than 30 minutes
- ☐ 30 minutes but less than 60 minutes
- ☐ 60 minutes but less than 90 minutes
- ☐ 90 minutes but less than 2 hours
- ☐ 2 hours but less than 4 hours
- ☐ 4 hours but less than 6 hours
- ☐ 6 hours or more

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These questions are about how you traveled from place to place, including to places like work, shops, movies, and so on.

During the **last 7 days**, on how many days did you **travel in a motor vehicle** like a train, bus, car or tram?

- ☐ 1 day per week
- ☐ 2 days per week
- ☐ 3 days per week
- ☐ 4 days per week
- ☐ 5 days per week
- ☐ 6 days per week
- ☐ 7 days per week
- ☐ No travelling in a motor vehicle

How much time did you usually spend on one of those days **travelling** in a train, bus, car, tram, or other kind of motor vehicle?

- ☐ Less than 30 minutes
- ☐ 30 minutes but less than 60 minutes
- ☐ 60 minutes but less than 90 minutes
- ☐ 90 minutes but less than 2 hours
- ☐ 2 hours but less than 4 hours
- ☐ 4 hours but less than 6 hours
- ☐ 6 hours or more

Now think only about the **bicycling and walking** you might have done to travel to and from work, to do errands, or to go from place to place.

During the **last 7 days**, on how many days did you **bicycle** for at least 10 minutes at a time to go **from place to place**?

- ☐ 1 day per week
- ☐ 2 days per week
- ☐ 3 days per week

- ☐ 4 days per week
 - ☐ 5 days per week
 - ☐ 6 days per week
 - ☐ 7 days per week
 - ☐ No bicycling from place to place
-

How much time did you usually spend on one of those days to bicycle from place to place?

- ☐ Less than 30 minutes
 - ☐ 30 minutes but less than 60 minutes
 - ☐ 60 minutes but less than 90 minutes
 - ☐ 90 minutes but less than 2 hours
 - ☐ 2 hours but less than 4 hours
 - ☐ 4 hours but less than 6 hours
 - ☐ 6 hours or more
-

During the **last 7 days**, on how many days did you **walk** for at least 10 minutes at a time to go **from place to place**?

- ☐ 1 day per week
 - ☐ 2 days per week
 - ☐ 3 days per week
 - ☐ 4 days per week
 - ☐ 5 days per week
 - ☐ 6 days per week
 - ☐ 7 days per week
 - ☐ No walking from place to place
-

How much time did you usually spend on one of those days **walking** from place to place?

- ☐ Less than 30 minutes
 - ☐ 30 minutes but less than 60 minutes
 - ☐ 60 minutes but less than 90 minutes
 - ☐ 90 minutes but less than 2 hours
 - ☐ 2 hours but less than 4 hours
 - ☐ 4 hours but less than 6 hours
 - ☐ 6 hours or more
-

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This section is about some of the physical activities you might have done in the **last 7 days** in and around your home, like housework, gardening, yard work, general maintenance work, and caring for your family.

Think about only those physical activities that you did for at least 10 minutes at a time. During the **last 7 days**, on how many days did you do **vigorous** physical activities like heavy lifting, chopping wood, shoveling snow, or digging **in the garden or yard**?

- ☐ 1 day per week
- ☐ 2 days per week
- ☐ 3 days per week
- ☐ 4 days per week
- ☐ 5 days per week
- ☐ 6 days per week
- ☐ 7 days per week
- ☐ No vigorous activity in garden or yard

How much time did you usually spend on one of those days doing **vigorous** physical activities in the garden or yard?

- ☐ Less than 30 minutes
- ☐ 30 minutes but less than 60 minutes
- ☐ 60 minutes but less than 90 minutes
- ☐ 90 minutes but less than 2 hours
- ☐ 2 hours but less than 4 hours
- ☐ 4 hours but less than 6 hours
- ☐ 6 hours or more

Again, think about only those physical activities that you did for at least 10 minutes at a time. During the **last 7 days**, on how many days did you do **moderate** activities like carrying light loads, sweeping, washing windows, and raking **in the garden or yard**?

- ☐ 1 day per week
- ☐ 2 days per week
- ☐ 3 days per week

- ☐ 4 days per week
- ☐ 5 days per week
- ☐ 6 days per week
- ☐ 7 days per week
- ☐ No moderate activity in garden or yard

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How much time did you usually spend on one of those days doing **moderate** physical activities in the garden or yard?

- ☐ Less than 30 minutes
- ☐ 30 minutes but less than 60 minutes
- ☐ 60 minutes but less than 90 minutes
- ☐ 90 minutes but less than 2 hours
- ☐ 2 hours but less than 4 hours
- ☐ 4 hours but less than 6 hours
- ☐ 6 hours or more

Once again, think about only those physical activities that you did for at least 10 minutes at a time. During the **last 7 days**, on how many days did you do **moderate** activities like carrying light loads, washing windows, scrubbing floors and sweeping **inside your home**?

- ☐ 1 day per week
- ☐ 2 days per week
- ☐ 3 days per week
- ☐ 4 days per week
- ☐ 5 days per week
- ☐ 6 days per week
- ☐ 7 days per week
- ☐ No moderate activity inside home

How much time did you usually spend on one of those days doing **moderate** physical activities inside your home?

- ☐ Less than 30 minutes
- ☐ 30 minutes but less than 60 minutes
- ☐ 60 minutes but less than 90 minutes
- ☐ 90 minutes but less than 2 hours
- ☐ 2 hours but less than 4 hours
- ☐ 4 hours but less than 6 hours

☐ 6 hours or more

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This section is about all the physical activities that you did in the **last 7 days** solely for recreation, sport, exercise or leisure.

i Please do not include any activities you have already mentioned.

Not counting any walking you have already mentioned, during the **last 7 days**, on how many days did you walk for at least 10 minutes at a time **in your leisure time**?

- ☐ 1 day per week
- ☐ 2 days per week
- ☐ 3 days per week
- ☐ 4 days per week
- ☐ 5 days per week
- ☐ 6 days per week
- ☐ 7 days per week
- ☐ No walking in leisure time

How much time did you usually spend on one of those days **walking** in your leisure time?

- ☐ Less than 30 minutes
- ☐ 30 minutes but less than 60 minutes
- ☐ 60 minutes but less than 90 minutes
- ☐ 90 minutes but less than 2 hours
- ☐ 2 hours but less than 4 hours
- ☐ 4 hours but less than 6 hours
- ☐ 6 hours or more

And for how much of this time you spent walking in your leisure time were you out **in the countryside or other green spaces**?

- ☐ All of this time
- ☐ Most of this time
- ☐ Some of this time
- ☐ A little of this time

☐ None of this time

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Think about only those physical activities that you did for at least 10 minutes at a time. During the **last 7 days**, on how many days did you do **vigorous** physical activities like aerobics, running, fast bicycling, or fast swimming **in your leisure time**?

- ☐ 1 day per week
- ☐ 2 days per week
- ☐ 3 days per week
- ☐ 4 days per week
- ☐ 5 days per week
- ☐ 6 days per week
- ☐ 7 days per week
- ☐ No vigorous activity in leisure time

How much time did you usually spend on one of those days doing **vigorous** physical activities in your leisure time?

- ☐ Less than 30 minutes
- ☐ 30 minutes but less than 60 minutes
- ☐ 60 minutes but less than 90 minutes
- ☐ 90 minutes but less than 2 hours
- ☐ 2 hours but less than 4 hours
- ☐ 4 hours but less than 6 hours
- ☐ 6 hours or more

And for how much of this time you spent doing vigorous activity in your leisure time were you out **in the countryside or other green spaces**?

- ☐ All of this time
- ☐ Most of this time
- ☐ Some of this time
- ☐ A little of this time
- ☐ None of this time

Again, think about only those physical activities that you did for at least 10 minutes at a time. During the **last 7 days**, on how many days did you do **moderate** physical activities like bicycling at a regular pace, swimming at a regular pace, and doubles tennis in your **leisure time**?

- ☐ 1 day per week
- ☐ 2 days per week
- ☐ 3 days per week
- ☐ 4 days per week
- ☐ 5 days per week
- ☐ 6 days per week
- ☐ 7 days per week
- ☐ No moderate activity in leisure time

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How much time did you usually spend on one of those days doing **moderate** physical activities in your leisure time?

- ☐ Less than 30 minutes
- ☐ 30 minutes but less than 60 minutes
- ☐ 60 minutes but less than 90 minutes
- ☐ 90 minutes but less than 2 hours
- ☐ 2 hours but less than 4 hours
- ☐ 4 hours but less than 6 hours
- ☐ 6 hours or more

And for how much of this time you spent doing moderate physical activities in your leisure time were you out **in the countryside or other green spaces?**

- ☐ All of this time
- ☐ Most of this time
- ☐ Some of this time
- ☐ A little of this time
- ☐ None of this time

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These questions are about the time you spend sitting while at work, at home, while doing course work and during leisure time. This may include time spent sitting at a desk, visiting friends, reading or sitting or lying down to watch television.

 Do not include any time spent sitting in a motor vehicle that you have already mentioned.

During the **last 7 days**, how much time did you usually spend **sitting** on a **weekday**?

- ☐ Less than 30 minutes
- ☐ 30 minutes but less than 60 minutes
- ☐ 60 minutes but less than 90 minutes
- ☐ 90 minutes but less than 2 hours
- ☐ 2 hours but less than 4 hours
- ☐ 4 hours but less than 6 hours
- ☐ 6 hours or more

During the **last 7 days**, how much time did you usually spend **sitting** on a **weekend day**?

- ☐ Less than 30 minutes
- ☐ 30 minutes but less than 60 minutes
- ☐ 60 minutes but less than 90 minutes
- ☐ 90 minutes but less than 2 hours
- ☐ 2 hours but less than 4 hours
- ☐ 4 hours but less than 6 hours
- ☐ 6 hours or more

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Apart from your home, in what single location do you spend most time?

- ☐ Workplace
- ☐ Place of study
- ☐ Other location
- ☐ No single location

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What is the full postcode of your workplace?

e.g. SW1A 1AA

About how much time does it usually take for you to get to your workplace each day, door to door?

- ☐ Less than 15 minutes
- ☐ 15 – 29 minutes
- ☐ 30 – 44 minutes
- ☐ 45 – 59 minutes
- ☐ An hour or more

Which of these means of transport do you usually use to travel to and from your workplace?

Please tick **all** that apply.

- ☐ Train (above ground)
- ☐ Underground train (tube, metro)
- ☐ Bus, minibus or coach (public or private)
- ☐ Motorcycle, scooter or moped
- ☐ Driving a car or van
- ☐ Passenger in a car, van or taxi
- ☐ Bicycle
- ☐ Walking (or running) *for at least 5 minutes*
- ☐ None of the above

On what floor of the building as a whole do you spend most time in your workplace?

- ☐ Basement or semi-basement
- ☐ Ground floor (street level)
- ☐ 1st floor
- ☐ 2nd floor
- ☐ 3rd floor
- ☐

4th – 9th floor

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- ☐ 10th floor or higher
 - ☐ No single floor
-

Which of the following can you usually see from inside your workplace?

Please tick **all** that apply.

- ☐ Green space, lawns
 - ☐ Trees
 - ☐ The sea
 - ☐ Rivers or lakes
 - ☐ Ponds or water features
 - ☐ Bird boxes or feeders
 - ☐ None of these
-

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Please take a moment to think of any groups, clubs or organisations you take part in. These could be youth groups, sports clubs or pub teams, religious groups, evening classes, choirs, book groups, or any other groups, clubs or organisations.

In the past 12 months, how often did you take part in all groups, clubs or organisations like this combined?

- ☐ At least once a week
- ☐ At least once a month
- ☐ At least once every three months
- ☐ At least once every six months
- ☐ Less often
- ☐ Never

In the past 12 months, how often did you get involved in work for voluntary or charitable organisations?

- ☐ At least once a week
- ☐ At least once a month
- ☐ At least once every three months
- ☐ At least once every six months
- ☐ Less often
- ☐ Never

And in the past 12 months, how often did you help with or attend activities organised in your local area?

- ☐ At least once a week
- ☐ At least once a month
- ☐ At least once every three months
- ☐ At least once every six months
- ☐ Less often
- ☐ Never

Is there a car or van normally available for use by you or any members of your household?

- ☐ Yes—a privately owned car or van
- ☐ Yes—a car club car or van
- ☐ No

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What is your marital status?

Please choose the **first** option that applies. For all response options, please treat **Civil Partnership** as equivalent to marriage.

- ☐ Single (never married—but may be in a relationship)
- ☐ Married and living with your husband or wife
- ☐ Married and separated from your husband or wife
- ☐ Divorced
- ☐ Widowed

Do you have any children?

- ☐ Yes—more than one
- ☐ Yes—one
- ☐ No—none

What qualifications do you have?

These may be educational, professional, vocational or other work-related qualifications.

- ☐ Qualifications at degree level or above
- ☐ Qualifications below degree level
- ☐ No qualifications

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i The wellbeing effect of income, relative to other factors, is an important part of our research, so we would be very grateful for your answers here. Please be assured that your information is confidential.

Remember that in this survey a **household** means:

- one person living alone, or
- a group of people living at the same address who share common housekeeping or a living room.

What is your **household's** total gross annual income? This is:

- for all household members,
- from all sources (earnings, benefits, investments, etc.), and
- before taxes and National Insurance.

If you are not certain of an amount, please give your best estimate.



And what is your own **individual** total gross annual income? Again, this is:

- from all sources (earnings, benefits, investments, etc.), and
- before taxes and National Insurance.

If you are not certain of an amount, please give your best estimate.

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Regardless of whether you belong to a particular religion, how religious would you say you are?

Not at all
religiousVery
religious

0



1



2



3



4



5



6



7



8



9



10

Apart from special occasions such as weddings and funerals, about how often do you attend religious services nowadays?

- ☐ Every day
- ☐ More than once a week
- ☐ Once a week
- ☐ At least once a month
- ☐ Only on special holy days
- ☐ Less often
- ☐ Never

How interested would you say you are in politics?



Not at all interested



Hardly interested



Quite interested



Very interested

In politics people sometimes talk of “left” and “right”. Where would you place yourself on this scale?

Left

Right

Don't
know

0



1



2



3



4



5



6



7



8



9



10

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These questions are about you and your family when you were growing up.

Do you have, or did you have, any **brothers or sisters**?

Please include adopted and half brothers and sisters.

- ☐ Yes—more than one
- ☐ Yes—one
- ☐ No—none

Did you live more or less continuously with **both** of your natural (birth) parents in the same home until you were 16?

If you lived with your natural parents except when away at a boarding school or for other temporary periods, please answer 'Yes'.

- ☐ Yes
- ☐ No
- ☐ Prefer not to answer

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Have you suffered any of the following **in the last year**?

Please tick **all** that apply.

- ☐ Compulsory redundancy
- ☐ Bankruptcy
- ☐ Repossession of your home
- ☐ Death of a loved one
- ☐ Separation or divorce from your spouse
- ☐ Theft or fraud
- ☐ Violent crime
- ☐ None of the above

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Thank you

Many thanks for taking the time to complete this survey. We hope you found it interesting.

Find out more

Results from our study will be posted here—<http://uk.wellbeingsurvey.org.uk/>—as soon as they're available.

In the meantime, you can find out more about wellbeing and wellbeing research from these sources, amongst others:

- [Centre for Confidence and Wellbeing](#)
- [New Economics Foundation](#)
- [Foresight Programme](#) of the UK Government

Questions or comments?

If you have any questions or comments, please contact us:

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